

Four Immune Supporting Supplements Every Lyme Disease Sufferer Needs To Know

Lyme disease is a complex and debilitating condition caused by the bacterium *Borrelia burgdorferi* which is transmitted through tick bites. It can lead to a range of symptoms, including fatigue, joint pain, muscle aches, and headaches. Additionally, Lyme disease can weaken the immune system, making it difficult for the body to fight off infections and illnesses.

While proper medical treatment is crucial for managing Lyme disease, there are also natural supplements that can aid in supporting and boosting the immune system. Incorporating these supplements into your daily routine can help improve your overall well-being and provide relief from symptoms. Here are four immune supporting supplements every Lyme disease sufferer needs to know:

1. Vitamin C

Vitamin C is an essential nutrient that plays a key role in supporting immune function. It is a powerful antioxidant that helps protect cells from damage and supports the production of white blood cells, which are responsible for fighting off infections.



Four Immune-Supporting Supplements Every Lyme Disease Sufferer Needs to Know About, And Where to Buy Them

by Johnny Ray (Kindle Edition)



5 out of 5

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For individuals with Lyme disease, vitamin C can help reduce inflammation, boost collagen production, and improve energy levels. It also enhances the effectiveness of other supplements and medications used in Lyme disease management.

To incorporate vitamin C into your daily routine, consider consuming foods rich in this nutrient, such as oranges, strawberries, bell peppers, and broccoli. Additionally, you can opt for vitamin C supplements, which are available in various forms such as capsules, tablets, or powders.

2. Probiotics

Your gut health plays a crucial role in maintaining a strong immune system. Probiotics are beneficial bacteria that promote a healthy gut microbiome, enhancing immune function and reducing inflammation.

Lyme disease treatments, particularly antibiotics, can disrupt the natural balance of bacteria in your gut. This disruption can lead to digestive issues, weakened immunity, and increased susceptibility to infections.

Incorporating probiotics into your daily routine can help restore and maintain a healthy gut microbiome.

You can find probiotics in various food sources such as yogurt, kimchi, sauerkraut, and kombucha. If you prefer a more convenient option,

probiotic supplements are widely available in the market. Look for supplements that contain a diverse range of beneficial bacteria strains for optimal results.

3. Omega-3 Fatty Acids

Omega-3 fatty acids are essential fats that play a crucial role in regulating inflammation and supporting immune health. They are known for their anti-inflammatory properties and can help reduce symptoms such as joint pain and swelling, which are common in Lyme disease.

By incorporating omega-3 fatty acids into your diet, you can support tissue repair, decrease inflammation, and strengthen your immune system. Some excellent sources of omega-3 fatty acids include fatty fish like salmon and mackerel, chia seeds, flaxseeds, and walnuts.

If you find it challenging to consume enough omega-3 fatty acids through diet alone, consider taking fish oil or algae oil supplements. It is important to choose high-quality supplements that undergo rigorous testing to ensure purity and potency.

4. Ashwagandha

Ashwagandha is an adaptogenic herb that has been used in traditional Ayurvedic medicine for centuries. It helps the body adapt to stress and boosts overall immune function.

Lyme disease can cause significant stress on the body, both physically and mentally. Ashwagandha can help reduce stress, improve energy levels, and support the immune system.

There are various forms of ashwagandha available, including capsules, powders, and liquid extracts. It is important to choose organic and high-quality products to ensure maximum benefits.

While there is no cure for Lyme disease, incorporating immune supporting supplements into your daily routine can help alleviate symptoms, boost your immune system, and improve your overall well-being. These four supplements - vitamin C, probiotics, omega-3 fatty acids, and ashwagandha - have been shown to support immune function and provide relief for Lyme disease sufferers. However, it is always advisable to consult with a healthcare professional before starting any new supplement regimen.



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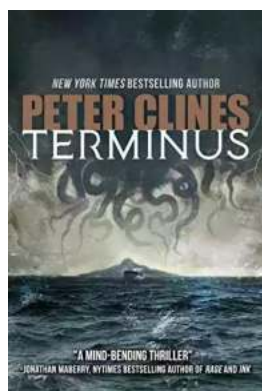


This article provides descriptions and purchasing instructions for several of the most helpful supplements available to Lyme Disease sufferers. Included are updated purchase sources for new supplements as well as purchase

sources for supplements that are no longer available from the old sources listed in Bryan Rosner's books.

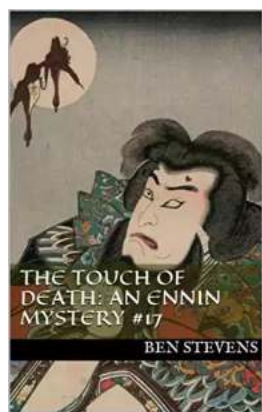
Topics include homeopathic remedies, Lyme-specific transfer factor / colostrum, medicinal mushroom supplements, beta glucan, and more. Discover why the supplements work, and learn where to buy them.

This is new information not contained in any of our other resources!



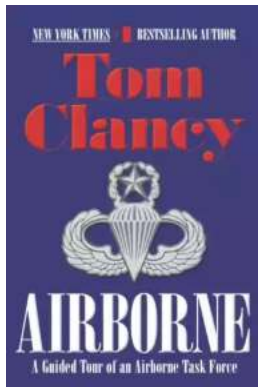
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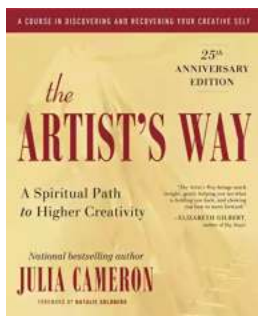
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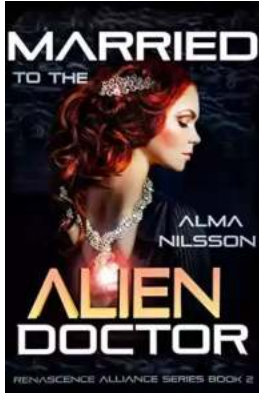
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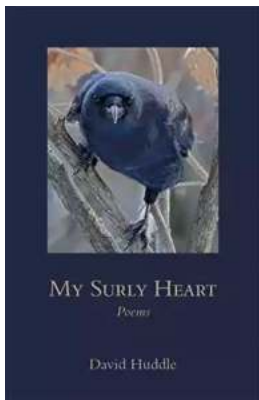
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